

Kathy Rainbeck

12 years of experience teaching geriatric clients. Passionate about helping clients strengthen their bodies for functional living while receiving the relaxation benefits of yoga.

WORK EXPERIENCE

Yoga Instructor, Homeward Bound Care Facility

Stamford, CT • January 2017 — Present

- Teaches 40+ elderly clients basic yoga moves each day
- Holds 4 classes a day that differ in intensity, including beginner and intermediate
- Advises modifications for each yoga pose to ensure proper form and to meet clients' athletic abilities
- Instructs clients on breathing techniques, such as Basic Breath Awareness and Breath Retention
- Develops body-mind-spirit awareness, mental clarity and physical flexibility and strength

Stress Management Yoga Teacher, Eastern Connecticut State University

Willimantic, CT • January 2012 — December 2016

- Taught 50+ students each day on the practice of yoga
- Held bi-weekly meditation sessions and offered guidance throughout
- Planned 15 yoga classes per week for beginner to advanced levels
- Incorporated stress management techniques focused on breathing and centering the self
- Maintained therapeutic relationships with students to encourage attendance
- Offered health and wellness information upon request
- Communicated course offerings via promotional materials and social media presence
- Managed a budget of \$2,000 per month
- Improved class retention by 18%

Yoga Instructor, BareFoot Yoga Studio

Hartford, CT • June 2009 — December 2011

- Planned and instructed 30+ yoga classes per month, including Vinyasa and Hot Yoga
- Created a relaxing studio space by taking care of lighting and room arrangements
- Taught clients how to safely get into poses
- Instructed clients on breathing techniques
- Shared positive messages each day, such as a daily quote to create a welcoming atmosphere
- Shared the knowledge of yoga and helped to resolve any doubts regarding physical and spiritual aspects of the practice
- Supported clients' postures to help them avoid any injuries
- Marketed the studio through social media, improving attendance by 15%



Stamford, CT

(555) 123-4567

kathyrainbeck@gmail.com



linkedin.com/in/kathyrbbeck



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SKILLS

Knowledge of Yoga Pose Modifications

Breathing Techniques

Stress Management

Motivating

CPR, First Aid

EDUCATION

Advanced 300-Hour Yoga Teacher Training

Ubud, Bali, Indonesia

— 2020

200-Hour Yoga Teacher Training

The Rose School, NY

— 2009

CERTIFICATIONS

Yoga Alliance Certified Instructor

2009-Present

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AN Whitehead



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